

A Page of Interest for Milady

TO FREEZE A DESSERT

WITH ice cream freezer, burlap bag, wooden mallet or ax, small saucepan, sufficient ice and coarse rock salt, the process neither takes much time or patience. Crush the ice finely by placing in bag and giving a few blows with mallet or broadside of ax. If there are any coarse pieces, remove them. Place can containing mixture to be frozen in wooden tub, cover and adjust top. Turn crank to make sure can fits in socket. Allow three level measures of ice to one of salt, and repeat until ice and salt come to top of can, packing solidly, using handle of mallet to force it down. If only small quantity is to be frozen the ice and salt need come only a little higher in the tub than mixture to be frozen. These are found the best proportions of ice and salt to insure fine-grained cream, sherbet, or water ice, while equal parts of salt and ice are used for freezing frappes.

The mixture increases in bulk during freezing, so the can should never be more than three-fourths filled; by over-crowding the can cream will be made coarse-grained. Turn the crank slowly and steadily to expose as large surface of mixture as possible to ice and salt. After freezing to a mush, the crank may be turned more rapidly, adding more ice and salt if needed. Never draw off salt water until mixture is frozen, unless there is a possibility of its getting into the can, for salt water is what effects freezing; until ice melts, no change will take place. After freezing is accomplished, draw off water, remove dasher, and with spoon pack solidly. Put cork in opening of cover, then put on cover. Repack freezer, using four measures of ice to one of salt. Place over top newspaper or piece of carpet; when serving time comes, rapidly move can, wipe carefully and place in vessel of cool water, let stand one minute, remove cover, and run a knife around edge of cream; invert can on



Dress in Loose and Comfortable Clothing

serving dish, and frozen mixture will slip out. Should there be any difficulty, a cloth wrung out in hot water, passed over cap, will aid in removing mixture.

WALKING—A GOOD EXERCISE Take Long Hikes Early In the Morning for Best Results.

BY EDNA EGAN.

ONE of the best remedies for the down-and-out, 'grouchy, out-of-sorts feeling is a brisk hike, but in the country it is possible. After a year or two you are bound to see a number of things that will take your mind from yourself. And, after all, there is no one but yourself to blame for the disagreeable feeling. You will become so interested in the traveling of the clouds, the growth of trees, grass, or flowers that grow by the wayside or in the occasional passerby that you will soon forget your troubles, real or imaginary.

But remember, in order to get the most benefit from the hike it is necessary that you dress properly for it. Confined clothing, pinching shoes or a shadeless hat will prove so annoying that your troubles will increase rather than disappear. A coat with very few bones should be worn. The skirt should be short and full. A short coat or a sweater will be the most convenient to wear, or to carry when the exercise makes the wearing of it unbearable. The hat should be small and yet have rim enough to protect the eyes from the sun.

During the hike it is advisable to rest occasionally. Hold your walking stick; you can use a cane or a thick branch of a tree for the purpose—behind your shoulders as shown in the photograph. In doing so you can rest your body against the stick and thereby collect energy to go further. It is best to keep the body erect during the rest. Sitting down makes one more tired on getting up.

If you chance to live near the mountains, so much the better. The exertion of climbing will stir your blood so that you feel like a new person when the climb is over and you have reached home, with a warm bath and a comfortable couch for a few minutes' rest. When convenient, it is best to wear spiked shoes for the climb. The points will prevent you from slipping. However, if you can't secure the kind of shoes mentioned, your walking stick will prove of great assistance to you in the matter of gaining distance up a hill.

There are a great many advantages to be gained from mountain climbing. In order to carry the body up to the high peaks the work of the muscles is increased. The breathing is deeper in order to satisfy the demands for oxygen. Fresh air is admitted into the various parts of the lungs, places which do not, as a rule, participate in respiration. A more powerful action of the heart takes place; but care must be taken that this is not carried too far. Slow climbing, without any unnecessary waste of energy and with occasional pauses to allow the heart to recover, is advantageous. One should not talk too much while climbing. Keep the shoulders well back so that the chest is expanded.

The indispensible feeling comes not only on clear days, but very often the falling of rain will make you leave your neighbor as little as yourself. A slight downhill climb will prevent you from taking the like cure. If you're properly clad the walk in the damp atmosphere will not do any harm. It will do wonderful things to your complexion. The dampness and the surface and the battling against the rough elements brings brightness to the eyes. Of course, I do not advocate walking in the rain if your health will not permit it. Like every other step toward beautifying the body and soul, one must use common sense in the matter. One's own judgment should be the dictator.

An alkali eat and bat and a pair of stormproof shoes are splendid protectors from the rain. The advantage of the skin is that it is so light and not so burdened with superfluous weight. It is understood, how

case there is always a "next best" to fall back upon.

Sometimes two or more girls will plan to go for a fairly long hike. It will be impossible to stop anywhere for refreshment. The wisest thing to do in that event is to carry a light and nourishing lunch. A lunch containing these two features will be easily carried and will fill the aching void. Classed among foods of this character are chocolate, nuts, dates, raisins and cake. Fruit should also be included since it is refreshing, and if of a juicy nature, will quench the thirst.

Although hiking is prescribed for the out-of-sorts feeling, it is highly recommended for persons in the most amiable mood. Walking is a splendid exercise because it keeps one out in the fresh air. Both the exercise and the air are essential to good health. Why do you not then when they demand no expense and are within the reach of all?

Remember that in walking the correct posture should be maintained. The chest should be held high, the chin and abdomen in. The legs should swing from the hips, not bend mainly from the knees, and the trunk should be very little. The arms should not be held stiffly, but great care must be taken that they do not swing. One reason why so many of our American women do not walk gracefully is that few of them wear proper shoes. However, it is to be hoped that gradually they will realize that beauty and comfort are dependent on each other. When they wake up there will be a sensible changing of shoes and everybody will be happy.

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SUMMER FOOD FOR CHILDREN

DO you dread the warm days, confided one young mother to another the other day. "My little Elizabeth always loses weight; she gets so thin and peaked and I can't seem to make the child eat, no matter what I give her."

"What do you give her?" asked the friend, who also had a little girl about the same age as Elizabeth. "Why, eggs, milk, oatmeal and all the other things that are supposed to be healthful," remarked the first mother.

"But they aren't healthful at this time of year," ejaculated her friend; "not if they are eaten to the exclusion of other things. A child's appetite in summer is very much like a grown person's; it is fickle and has to be coaxed if it is going to be healthy. Intense heat affects the stomach more quickly than any other part of the body, and the child must be fed on light, dainty, but nourishing food if it is to be kept in good condition. I never think of giving my youngster the same sort of diet in winter as in summer, and the consequence is she so relishes the change that I have no trouble at all in making her eat."

Many a mother is laboring under the same delusion as the first woman quoted above; that is, that foods that are healthful in the winter are just as good for children in the summer. This, of course, is all wrong. A change of diet is as necessary to the juvenile as to the adult system.

At the season of the year is diet of so much importance to the health of a child as during the summer months. With intense heat draining the strength out of the small bodies, it is necessary to feed those bodies with food that will be tasteful and nourishing. This is the only way the supply of strength can be kept up at this trying period of the year.

An important point to remember is that a child is overfed if it cannot digest its food. It is far better to take a little food and to have this well digested than to load the stomach with many things that never become assimilated in the system.



A Cake of Chocolate Is a Light, Nourishing Lunch

finger tips away from the eruptions. Open the pustules and apply hydropine. Twice a week bathe the face with green soap. Don't use cold cream of anything oily while the acne persists. What is needed is some drying application like sprits of camphor to dry the poisonous liquids and to cause the old skin to shed itself in tiny particles.

CLEAN GLOVES

EIGHT colored gloves can be cleaned in the following way: Place them on glove trees, or put one at a time on your hand. Rub them with cream of tartar applied with a piece of clean flannel. Let this remain a while and then follow with an application of powdered alum and fuller's earth in equal parts. Leave on a night, then brush the gloves free from the powder, and rub with dry oatmeal, mixed with a little whitening. Then rub with a clean cloth.

The washable kid gloves are favored by many women. They can be washed in lukewarm water and a good white soap. It is advisable to keep them on the hands during the washing process and to keep them there until they partially dry. In this way they retain their shape and one doesn't have trouble in getting the hands into them when they are completely dried.

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WAS ALLEN'S IDEA RIGHT?

BY LUCILLE DAUDET.

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An hour went by. A messenger was sent to the home of the bridegroom. His wedding clothes lay ready, but he wasn't there nor at his office, nor his club, nor with any of his friends. By night the girl's parents suspected foul play and notified the police. Next day the prospective bridegroom was found in a city fifty miles away, well and right of mind.

The bridegroom that didn't arrive was Allen French, thirty, who had gone to town three years before. He had established himself as a brilliant and successful lawyer with a rapid increase of civility and grace that welcomed him to the best set of the city. Matrimonially he was a "catch."

The bride that was to have been Inez White. Her father was wealthy. She had been educated at a fashionable finishing school, had launched into society with the usual matrimonial dreams of the girl of twenty-two.

She and Allen were attracted at once. She was charming and vivacious. So was he. Openly she showed him favor. His fervid response was like the enthusiasm of love at first sight. In three weeks they were engaged.

As usual with engaged girls, Inez felt she had reached her goal. She settled comfortably into the prospects of matrimony, proud of her fiancé, and began preparations for the day of days. More and more Allen became a part of Inez's life. They were constantly together, at her home, at social affairs.

Little by little Allen became uneasy. He began to see what he had been utterly blind to in the first hadness of attraction. He saw that they had little in common on which to build every-day relationship—their tastes, their ideals, their attitude toward life differed. As their acquaintance continued from day to day he knew he wouldn't be happy with her.

He acknowledged her worth, he found no fault, he only realized their incompatibility. Often he wanted to ask her for a candid expression of her feelings on the matter, but her affectionate attitude checked him.

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Properly Clad for a Rainy Day Walk

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ODDS & ENDS

FOR early fall millinery, satin, faille, and felt will be employed. Combinations of felt with velvet and felt with satin are shown. Shapes are mostly medium-sized and large, with emphasis on the larger size. The Napoleon and broad-brimmed picture hats are the forms most in evidence. Ostentatious and ribbons are the chief favorites for millinery trimmings. Coiffures continue high, with the hair massed at the top of the head in high puffs. Rhinestones and velvet, or rhinestones alone, mounted on pins, are the new ornaments for the styles of hairdressing. Full footwear will be made with side-button gaiter tops, in cloth, buckskin, or glazed kid. Tops matching the costumes are favored, but the white-topped shoe, with black patent leather toe, is considered equally good.

HE pale pink blouse seems to maintain its hold upon woman's fancy, and, in spite of the scores of new models of bisque, cream, and pale blue, three pink blouses are sold to every one in another shade. There is something peculiarly feminine and appealing about a delicate pink blouse, and well does woman realize its becomingness. The only trouble about these dainty blouses is their propensity to "wash out," not a good, wearable, clear white, but a good, wearable white, that is by no means bisque or cream. The handy woman knows what to do about this; she keeps on hand a supply of ordinary rose-colored crepe paper, tears off a few scraps, and "pinks" the rinsing water for her blouse. The delicate tint will wash out again for be sure, but it is a simple matter to "pink" the rinsing water each time the blouse is laundered. This may offer a hint to the woman who fancies a pale pink tint, also, in crepe de chine undergarments, or who has a pair of white silk stockings that she would like to turn pale pink for use with a pink evening frock.

IF sons go into business with their fathers, why shouldn't daughters, too? As a matter of fact, since women began to take such an active interest in the business world and have proven their worth in many fields of endeavor, fathers in many instances have been extending the same privileges to their daughters as to their sons. One well-known man, recently, who goes in for breeding fine stock, took his daughter into the enterprise with him. In another instance a man who had never been blessed with a son and wished his old established business to remain a family affair, trained his daughter in the management of the concern, and when she had become an efficient member of his force made

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LIVE OIL is an excellent fat-tender. Some can take a tablespoonful after each meal easily. It stimulates and makes active the digestive organs, clears the complexion and makes the eyes bright and sparkling. There is nothing better for restoring tone to the relaxed condition of the skin under eyes than tannic acid—twenty grains to an ounce of glycerin. This may be applied by means of a brush or a bit of cotton to the baggy skin night and morning. Another effective means for eradicating the wrinkles is massage.

A youthful person scrawny bones and thin veins are indicative of a badly impoverished condition of the entire physical system. If one is not physically weak and run down scrawny hands may not be a heritage, but the defect in this case can be remedied. Pure mutton tallow if persistently used will not only make the hands plump and smooth, but they will whiten under the ointment used every night and well rubbed into the hands and wrists. White vaseline is very beneficial on the hands, though many will not use it on the arms, fearing the oily substance will cause a growth of superfluous hair. Unsalted butter mixed with ground almond meal is claimed to be sufficient to whiten and make the hands plump, but it must be fresh butter. Tight sleeves will cause large veins to raise upon the backs of the hands, and tight gloves do likewise. If one cannot prevent these enlarged veins, it is best to hold the hand in a manner to prevent the flow of blood into the veins. While sitting it is easy to accomplish this.

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her his partner. "What will happen," a friend asked him at the time, "when this daughter of yours marries?" "Nothing more than I did when her doctor sister took a husband," he answered. "Dr. Mary has four children of her own and an excellent practice, and my girl Margaret will be able to combine her domestic and business career equally cleverly. I don't doubt." And it seems altogether improbable that she will.

ODDS & ENDS

FOR early fall millinery, satin, faille, and felt will be employed. Combinations of felt with velvet and felt with satin are shown. Shapes are mostly medium-sized and large, with emphasis on the larger size. The Napoleon and broad-brimmed picture hats are the forms most in evidence. Ostentatious and ribbons are the chief favorites for millinery trimmings. Coiffures continue high, with the hair massed at the top of the head in high puffs. Rhinestones and velvet, or rhinestones alone, mounted on pins, are the new ornaments for the styles of hairdressing. Full footwear will be made with side-button gaiter tops, in cloth, buckskin, or glazed kid. Tops matching the costumes are favored, but the white-topped shoe, with black patent leather toe, is considered equally good.

HE pale pink blouse seems to maintain its hold upon woman's fancy, and, in spite of the scores of new models of bisque, cream, and pale blue, three pink blouses are sold to every one in another shade. There is something peculiarly feminine and appealing about a delicate pink blouse, and well does woman realize its becomingness. The only trouble about these dainty blouses is their propensity to "wash out," not a good, wearable, clear white, but a good, wearable white, that is by no means bisque or cream. The handy woman knows what to do about this; she keeps on hand a supply of ordinary rose-colored crepe paper, tears off a few scraps, and "pinks" the rinsing water for her blouse. The delicate tint will wash out again for be sure, but it is a simple matter to "pink" the rinsing water each time the blouse is laundered. This may offer a hint to the woman who fancies a pale pink tint, also, in crepe de chine undergarments, or who has a pair of white silk stockings that she would like to turn pale pink for use with a pink evening frock.

IF sons go into business with their fathers, why shouldn't daughters, too? As a matter of fact, since women began to take such an active interest in the business world and have proven their worth in many fields of endeavor, fathers in many instances have been extending the same privileges to their daughters as to their sons. One well-known man, recently, who goes in for breeding fine stock, took his daughter into the enterprise with him. In another instance a man who had never been blessed with a son and wished his old established business to remain a family affair, trained his daughter in the management of the concern, and when she had become an efficient member of his force made

MILADY'S BEAUTY

BY LUCILLE DAUDET.

finger tips away from the eruptions. Open the pustules and apply hydropine. Twice a week bathe the face with green soap. Don't use cold cream of anything oily while the acne persists. What is needed is some drying application like sprits of camphor to dry the poisonous liquids and to cause the old skin to shed itself in tiny particles.

LIVE OIL is an excellent fat-tender. Some can take a tablespoonful after each meal easily. It stimulates and makes active the digestive organs, clears the complexion and makes the eyes bright and sparkling. There is nothing better for restoring tone to the relaxed condition of the skin under eyes than tannic acid—twenty grains to an ounce of glycerin. This may be applied by means of a brush or a bit of cotton to the baggy skin night and morning. Another effective means for eradicating the wrinkles is massage.

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